



BUFFALO
GROVE
PARK
DISTRICT



Dear Valued Member,

The Fitness Center at the Buffalo Grove Park District is currently open per the Governor's order to move to phase 4 of the Restore Illinois plan. Please read this letter in its entirety, as it contains all of the information you will need to begin workouts with us.

Memberships

- As of August 1, all memberships are active and membership billing has resumed, unless you already emailed us requesting an extension on your membership freeze or cancelled your membership.
- If you wish to cancel your membership, you must email fbilling@bgparks.org.
- All group exercise classes (virtual and live) are included with all memberships.
- All promotional memberships, student passes and annual memberships will be adjusted accordingly.
- Until phase 5 begins, no guests of members are permitted in the building. Only members will be allowed.

Hours of Operation

- Until further notice, our new facility hours are Monday through Friday from 5 am - 7:30 pm, and Saturday and Sunday from 6 am - 5:30 pm.
- In order to workout safely, we require all members to reserve a time slot, available every 2 hours, as detailed below. The reservation process will be explained later in this letter, and is available on our website at bgfitness.org.

Weekend Time Slots

- 6 - 7:30 am
- 8 - 9:30 am
- 10 - 11:30 am
- 12 - 1:30 pm
- 2 - 3:30 pm
- 4 - 5:30 pm

Weekday Time Slots

- 5 - 7:30 am
- 8 - 9:30 am
- 10 - 11:30 am
- 12 - 1:30 pm
- 4 - 5:30 pm
- 6 - 7:30 pm

The facility will be deep cleaned after each block of time. Members are required to finish their workouts within their designated time slot, and then leave the facility, so that deep cleaning can begin.

The following areas of the facility will be open to members:

- Free Weight and Selectorized (pin loaded machines) Areas (Maximum limit of 47 reservations)
- Cardiovascular Area (Maximum limit of 65 reservations)
- Group Exercise Classes (Limited reservations per class, based on social distancing requirement)
- Personal Training (Limited reservations based on social distancing requirement)
- Reformer Training (Limited reservations due to studio space and social distancing requirement)
- Stretching Area (Limited space due to social distancing requirement)
- Swimming pool (3 lap lane and 1 therapy pool reservation)
- Track (4 walking and 1 running reservation)
- Spin Studio

The following areas of the facility are closed until further notice:

- Basketball/Pickle Ball Courts
- Kids Club
- Quiet Workout Room
- Hot Tub, Therapy Pool and Sauna
- Heart Strong Area
- Kickboxing Area
- Locker Rooms

Towel service is discontinued until further notice.

The water fill station at each drinking fountain will only dispense water into a bottle.

Restrooms will be open, with stalls marked for use.

Before each visit to the Fitness Center:

Please check how well you are feeling before each visit to the Fitness Center. If you have any symptoms of Covid-19, or have been exposed to anyone with Covid-19, please stay home. Symptoms include fever, chills, headache, sore throat, cough, shortness of breath or difficulty breathing, muscle pain or recent loss of taste or smell. Please review the enclosed Health Questionnaire, prior to each visit to the Fitness Center.

Check In Procedure

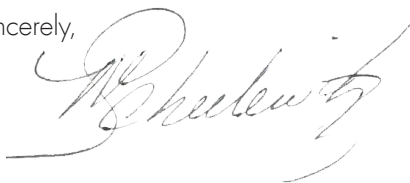
- Members must reserve a block of time to workout at the Fitness Center, by using our new online reservation system, Group Ex Pro, which is accessible at bgfitness.org.
- From the online reservation system, names will be put on a list for entry into the building during designated time slots only.
- Upon entry to the Fitness Center, the front desk is divided into 3 areas of service:
 - Station 1 is for Check In only.
 - Station 2 is for Purchases (personal training, group exercise packages, water bottles, etc.).
 - Station 3 is for Membership Services.

Member Expectations while at the Fitness Center

- Everyone must wear a face mask to enter the building - no exceptions. Face masks will not be provided.
- Face masks that cover the nose and mouth must be worn at all times while in the building.
- Social distancing is required. Please maintain a minimum distance of 6 feet from others.
- Face masks may be worn around the neck when exercising and practicing social distancing of more than 10 feet.
- Members will be required to clean any equipment touched, both before and after use. Disinfecting spray and wipes will be available at sanitizing stations throughout the facility.
- Equipment may not be shared, unless members reside in the same household. This does not include the pool area.

Thank you for adhering to these requirements while visiting the Fitness Center. Your health and safety are of utmost importance to us, which is why we strive to make your experience here a comfortable one. We look forward to seeing you soon.

Sincerely,



Mike Schulewitz
Fitness Center General Manager

Health Screening Questionnaire

Please review this list of symptoms before each visit to the Fitness Center. If you have any symptoms listed here, or have been exposed to anyone with Covid-19, please stay home.

- Have you felt feverish?
- Do you have a cough?
- Do you have a sore throat?
- Have you been experiencing difficulty breathing or a shortness of breath?
- Do you have muscle aches (not attributed to a previous workout)?
- Have you had a new or unusual headache (e.g., not related to caffeine, diet, or hunger, not related to a history of migraines, clusters, or tension, not typical to the individual)?
- Have you noticed a new loss of taste or loss of smell?
- Have you been experiencing chills or rigors¹?
- Do you have any gastrointestinal concerns (e.g., abdominal, pain, vomiting, diarrhea)?
- Is anyone in your household displaying any symptoms of COVID-19?
- To the best of your knowledge, have you or anyone in your household come into close contact² with anyone who has tested positive for COVID-19?

¹ Rigors: a sudden feeling of cold with shivering accompanied by a rise in temperature

² Close contacts include household contacts, intimate contacts, or contacts within 6 feet for 15 minutes or longer, unless wearing an N95 mask during period of contact.